

# Peer Assessment

## Basic Massage

### *Preparation for Practical Block 3*

Assessment of: \_\_\_\_\_

Date:    /    /

Assessment by: \_\_\_\_\_

JUDGEMENT	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
<u>Identify client suitability for relaxation massage</u>	
The practitioner must ensure that the client fills out a client details form, and signs agreement to terms & conditions before beginning treatment	
The practitioner reads over the client details form & clarifies any details that are unclear	
If any medical conditions are stated on the form, the practitioner must ensure that they understand the implications of the medical condition on their treatment	
Client goals for treatment are identified	
If relaxation massage may not be the most appropriate treatment modality for the client, this is discussed with the client before beginning treatment.	
<u>Establish informed consent before the application of massage techniques</u>	
A mutually reached decision on type of treatment is reached which considers	
<ul style="list-style-type: none"> <li>• Body regions</li> <li>• Treatment goals</li> </ul>	
Planned treatment is explained to the client, and client informed consent is gained prior to the establishment of body contact	
Mechanisms which allow the client to be in control at all times are made clear to the client	
Entry of practitioner to the clinic after client has changed is indicated & client is given chance to let practitioner know that they are not ready	
<u>Initial contact</u>	
Contact is established within safe boundaries of body contact	
Hands are warmed before the establishment of contact	
Therapist is relaxed when establishing contact	
Body contact is established using full palmar surface	
Initial contact is firm	

JUDGEMENT	<input checked="" type="checkbox"/> <input type="checkbox"/>
<u>During the massage</u>	
The use of an appropriate lubricant in an appropriate amount (not to much – not too little) allows the practitioner to apply massage techniques effectively.	
Movement from one massage stroke to another and from one area of the body to another is linked by continuous flowing strokes	
Effleurage is performed in a manner conducive to relaxation in at least two body regions	
Petrissage is performed in a manner conducive to relaxation	
Compression is performed in a manner conducive to relaxation	
Vibration is performed in a manner conducive to relaxation	
Shaking is performed in a manner conducive to relaxation	
Client conditions or contraindications are taken into account during treatment	
All body regions of the client that are not being worked are covered throughout the treatment	
Bolsters are adjusted throughout the treatment to ensure maximum client support and comfort	
Contact is maintained within safe boundaries of body contact	
Client warmth is assessed at least twice during the treatment	
<u>Finishing massage</u>	
The gradual ceasing of physical body contact ensures the therapeutic quality of touch is not lost, and the client is prepared for cessation of body contact.	
Client instructed how to get off the table safely including sitting on side of the table for a period after the massage to compensate for light-headedness	
<b>Self Assessment</b> While performing massage at this stage of the course pay attention to <ul style="list-style-type: none"> <li>• Your client consultation process</li> <li>• The quality of your touch</li> <li>• Your body mechanics</li> </ul>	
<b><u>Feedback</u></b>  Providing accurate feedback to your classmates is the best way to help them achieve success in their final exams.	
Peer Assessor (sign here): _____	